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Frequently Asked Questions (FAQs) about Schroth

How long are the appointments?

Your initial evaluation will be scheduled for 1 hour on 2 separate days. Each subsequent treatment session will be 60 minutes.

What should I wear?

You will need to wear comfortable clothing in which you can move freely. Please wear shorts so that your therapist can easily view the alignment of your lower legs during exercises.

As the Schroth method involves intense postural work, your therapist will need to be able to see as much of your spine as possible during the sessions. This means that you will be working without your shirt on during the sessions in order for your therapist to have the best view of your spine. Ladies, please wear a sports bra or swim top that is NOT racerback style (as that style does cover a large portion of the spine obstructing alignment view).

*Please know that your sessions will occur in our Schroth treatment area that is designed to protect your privacy.

How often will I need to come?

Frequency of treatment will depend on many factors; but typically clients are scheduled to attend treatment sessions 1-2 times per week.

How long will I need to come?

The duration of the course of treatment will also depend on many factors, and the ultimate goal is to educate you to become independent with your home program. In general, most clients can expect to attend 10-15 visits on a weekly basis before weaning to monthly visits, quarterly visits, and eventually an 'as needed' basis. Your needs will be determined by your therapist based on the specifics of your curve pattern, age-related growth/development, and other factors that will affect your treatment needs.

How much will it cost?

The Schroth Method is unique to each individual and is not a form of traditional physical therapy; this is one of the reasons we choose to instruct clients in a one-on-one setting rather than in a group.

Allied Therapy currently accepts several forms of insurance; however, we do not guarantee that your insurance will cover the entirety of this treatment. Each client is responsible for understanding the coverage available through their insurance and should be prepared to render payment for any applicable co-pays or other uncovered portions of payment.

Allied Therapy does accept out of pocket payment for services and offers a fee structure for pricing and information for advanced payment tiered options for this treatment.

PLEASE NOTE: When choosing out of pocket payment, your insurance company may be willing to reimburse you (either in part or in full) for your evaluation and treatment sessions. Allied Therapy can provide you with

the necessary paperwork for you to file with your insurance provider; however, we can make no guarantee regarding reimbursement approval from your insurance.

Do I need x-rays before my evaluation?

(PLEASE READ THIS SECTION CAREFULLY & IN ENTIRETY)

YES. It is imperative that your therapist receive x-ray images, as well as, any radiological reports and orthopedic reports **prior to** your evaluation in order to review them and prepare for your evaluation.

****Please note that your therapist will need an actual print-out of your x-ray images; not a cell phone picture of the images pulled up on a computer screen.**

Current x-ray images (meaning performed at least within the last 12 months) give the most useful information. We do not perform x-ray imaging in our office. If you need to get x-rays, please contact your orthopedic specialist for x-ray recommendations. **We recommend both a standing side view (sagittal view) and a standing back-to-front view (PA view), that includes the base of the skull and the hip joints.**

If you have already had x-rays and do not have access to them, please contact our office in order to provide the needed information so that we may request your images and reports **prior to** your initial evaluation.

If you have your x-rays on disc from your provider, please be sure that you have attempted to open these images on your own computer **prior to** bringing them to our facility to ensure that the images on the disc are readable. Our facility does not have image converting software available; therefore, if you are unable to view the x-ray images on your personal computer our facility will not be able to view the images either. If this is the case, you will need to obtain printed copies of your x-ray images to bring to your evaluation.

(please note that 'printed copies' means it is fine for the imaging facility to print out a copy of your x-rays on a standard sheet of paper; the actual x-ray films are not necessary).